

Newsletter - March 2026

Clay Tree Society

www.claytree.org



A message from Alexandria ~

Hello from your new Interim Executive Director. My first weeks have been very busy. I've been working hard to make sure everyone has what they need here at Clay Tree. We're trying to improve on the ways staff and caregivers share information. I'm also preparing our budget for the next year.

Something I think is very important is using more writing in Plain Language. It helps everyone understand our messages. That is something you'll see more of. I'm also looking at training for staff about Person-Centred Thinking. That will help everyone give better support.

Thank you to staff, families, caregivers, and participants for the warm welcome. I'm so glad to be here. There is a lot more to come!

Congratulations to all that received their Clay Tree Milestone Pins!

On March 17, 2026, Clay Tree proudly celebrated participant milestones. Pins were presented to recognize each individual's journey, dedication, and accomplishments. It was a meaningful day filled with pride, smiles, and celebration!



Community Spotlight

Thank You, Gulf Island Tree Services!

On Saturday, March 14, the crew from Gulf Island Tree Services came to Clay Tree to help with some much-needed tree removal and landscaping work.



Their hard work has made a big difference to our outdoor space. The visibility is much better, and our grounds are looking refreshed and cared for.


We are very thankful for the time, effort, and care they put into helping make Clay Tree look great!



Health & Fitness

Work Out
Interest Group
Swim



Hike

Tuesday & Wednesday

The Health & Fitness interest group focuses on a combination of physical and mental wellbeing. There will be swimming and strength training at the NAC. We will also and explore trails and hikes in the Nanaimo area. We will study general wellbeing and nutrition.

INTEREST GROUPS APRIL - JULY 2026

PHOTOGRAPHY INTEREST GROUP



In this group, we will learn how to take pictures while using different cameras. Go for walks and visit beaches to find beautiful things we want to photograph, make a frame for our masterpieces and create a scrapbook of our best photos!

INTEREST GROUPS

Clay Tree participants are excited to choose which interest groups they would like to attend.

Interest groups will now take place on Tuesdays and Wednesdays each week.

Each participant will choose two out of the six interest groups to attend. This gives everyone the chance to explore what they enjoy, try new things, and spend time with friends who share similar interests.

We are looking forward to seeing everyone take part, have fun, and learn something new!

Create a **POSITIVE**
and **INCLUSIVE**
Learning
ENVIRONMENT



The Reel Deal

Fishing and Nature Group

This interest group will focus on building skills for the outdoors. We will be acquiring fishing licenses, learning how to use a fishing rod (casting + reeling), ethical fishing practices, and learning how to catch and release fish back into their environment safely. Staff in this group will seek community resources to learn more about the nature surrounding Vancouver Island. Community inclusion will be a part of this group as we will be doing beach cleanups, broom busting, and learning about invasive species that pose a threat to our native ecosystems.

TREASURE HUNTERS!

TREASURE HUNTERS WILL BE HITTING UP THRIFT STORES AROUND THE ISLAND HUNTING FOR LOST AND FORGOTTEN TREASURES! HUNTING FOR PIECES AND FURNITURE FOR OUR BUCCANEERS TO HAVE CREATIVE SAY IN HOW THEIR PROGRAMS LOOK, FINDING PIECES THAT MAY NEED A LITTLE LOVE THAT OUR BUCCANEERS SEE POTENTIAL IN AND CAN REPAIR OR REFURBISH, COLLECTING ITEMS FOR PROGRAM ON A BUDGET OR SIMPLY FINDING A SPECIAL PIECE THEY WANT TO USE TO CREATE SOMETHING TOTALLY DIFFERENT!

FIELD TO FORK

IN OUR FIELD TO FORK GROUP WE WILL BE PICKING FRUITS AND VEGETABLES AND PROCESSING THEM INTO MANY CREATORS WE WILL BE CREATING THINGS USING HERBS AND FLOWERS FROM OUR GARDEN THAT WE HAVE

Explore Global Culinary Delights

AROUND THE WORLD CUISINE

Tuesdays - Explore & Plan
Participants will learn about a different country each week, including its culture, traditions, and popular foods. We'll also explore local cultural places in our community and decide together what recipe we'll try to make. After choosing our dish, we'll create a grocery list and go shopping to gather the ingredients.

Wednesdays - Cook & Connect
On Wednesdays, we'll prepare the selected recipe as a team. Participants will build cooking skills, practice kitchen safety, follow recipes, and work together to create a delicious meal. After enjoying our food, everyone will help clean the kitchen and learn about responsibility and teamwork.

More great choices for interest group selection for participants to choose from!



**QUALITY ASSURANCE
KAT STRANDBERG**

Clay Tree is in the process of having all staff members certified in SIVA (Supporting Individuals through Valued Attachments). This program focuses on creating a felt sense of safety for the people that we support and helps to prevent crisis situations. Our first training session was done online with long-time SIVA trainer, Jackie Lee Anderson. We are looking forward to having several more in-house SIVA training sessions over the coming months.



**MEET THE BOARD
OF DIRECTORS**

Thursday - May 14, 2026
Wednesday - August 26, 2026
Tuesday - November 24, 2026
Time for each session
6:30p.m. - 8:30p.m.

Caregivers, families, and members are warmly invited to come and meet the Clay Tree Society Board of Directors.

This is a wonderful opportunity to connect, ask questions, share ideas, and get to know the people who help support and guide Clay Tree Society.

We know that strong relationships and open communication are important. We hope this gathering will be a friendly and welcoming space to spend time together and learn more about our community.

Your voice matters, and we would love to see you there.



DON'T FORGET

**CLAY TREE
CLOSURE DATES**

Good Friday - April 3, 2026
Easter Monday - April 6, 2026

Victoria Day Stat
Monday - May 18, 2026

Canada Day Stat
Wednesday - July 1, 2026

Summer Closure
August 3 - 7, 2026

Winter Closure - Last day for
Participants - December 22, 2026
New year start date - January 4, 2027

PLEASE NOTE CLAY TREE IS CLOSED FOR
ALL STAT HOLIDAYS

WELCOME BACK AM!



I'm Back!
I'm excited to reconnect with everyone!



Am Abernethy
Program Manager

Returning from
Maternity Leave!



Contact Me!
☎ 250-753-5322 ext 2
✉ Am.Abernethy@claytree.ca

I missed you all and can't wait to reconnect!